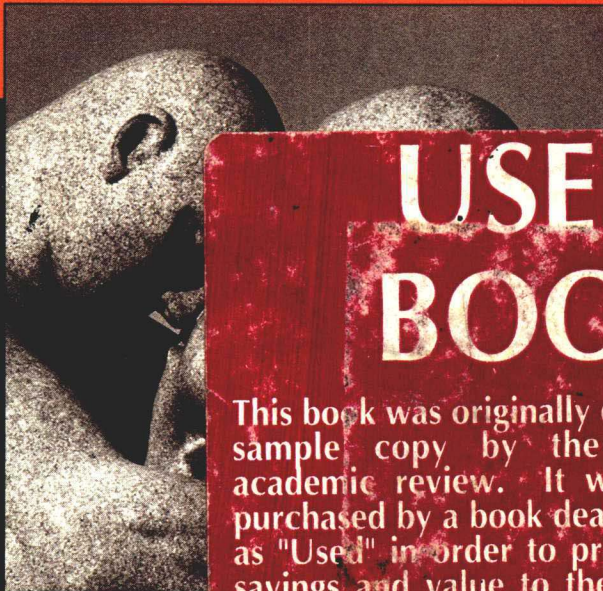


The Individual, Marriage, and the Family

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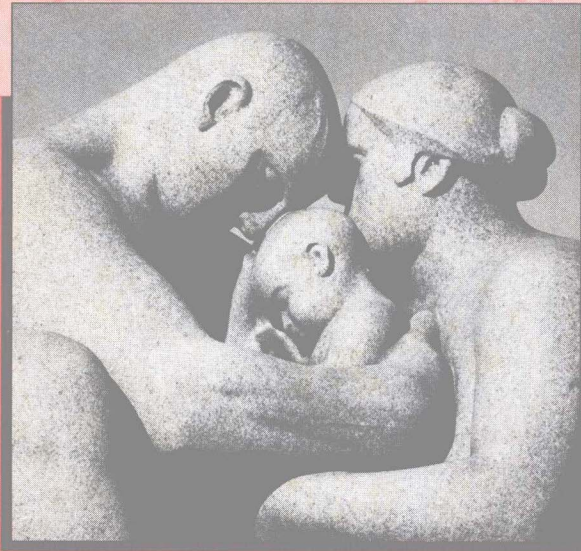
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E I G H T H E D I T I O N



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P R E F A C E

While teaching marriage-and-family courses at the College of San Mateo and counseling troubled couples in San Francisco, I began to see a pattern in the characteristic problems of intimate couple interaction. The "before" and "after" experiences did not follow the romanticized image commonly projected in our popular culture: The students I taught looked upon marriage with romantic idealism, but the couples who came to my counseling office were disillusioned and bitter. I began to realize that despite the preoccupation in our society not only with love and sexuality but with nearly all male-female interactions, most of my students and virtually all of the troubled couples in the counseling office were astonishingly unaware of the extraordinary dimensions of love, of the physiological, psychological, and societal patterns of their sexuality, and of the many other forces that are involved in establishing and maintaining a sound relationship.

This book was conceived as a response to these informational gaps. It describes key discoveries made by researchers in a wide range of disciplines—biology, sexology, psychology, sociology, political science, history, economics, and demography, as well as the arts, philosophy, and theology. One by one, pieces of the fascinating mystery of the relationship between the sexes are put into place, yielding a picture of the wide scope of male-female behavior in dating, marriage, and the family in our unique contemporary society.

In assembling this broad array of inquiry and knowledge, I have sought clarity without over-

simplification, so that accurate, unbiased, interesting, and practical information becomes readily available to readers. This book should thus prove a useful tool for instructors who are faced with the task of helping students develop their understanding and appreciation of the complexity and richness of intimate relationships.

Important topics covered in the book are such universals as gender, love, sexuality, intimacy, communication, commitment, power, conflict, work, money, singlehood, courtship, cohabitation, marriage, family, divorce, remarriage, child development, and family violence. Gender, of course, colors virtually all aspects of male-female interaction. Love is of critical importance not only in the bonding of a couple but in almost all aspects of intimate and familial interaction, such as the bonding between a mother and child. Sexuality is almost always an important aspect of intimate couple interaction and bonding, although its meaning varies from individual to individual and from couple to couple. Communication is, of course, basic to all interaction, while work and money form a persistent thread woven through the fabric of most individual and family concerns.

What Is New in This Edition

In response to the changing face of the American family and to suggestions from many professors, a new chapter, "Women, Work, and the Family" (Chapter 9), is now included in the book.

In addition, all demographic data has been thoroughly updated, and new material reflecting

recent research has been added to the following topics:

- The importance of communication; the differences between the meaning and intent of women's and men's conversation.
- The increased need for intimacy and commitment in our society; the effect of loneliness on physical health and well-being.
- Theories of mutual attraction and mate selection; the impact of shyness; methods of successfully treating shyness.
- The relation between religion and marriage; the rising incidence of interfaith marriage.
- The growing population of racial-ethnic groups in our society, such as Hispanics and Asian Americans; the changing economic status of racial-ethnic groups; patterns of dating, marriage, divorce, and family structure in these groups.
- Male and female sexuality; communication and sexual interaction; sexual desire and sexual aversion; the significance of lovemaps as an explanation for attraction or aversion between potential lovers; sexual compatibility and incompatibility; sexual problems and sexual dysfunction; sex and aging; extramarital sex; patterns of sexuality in straight, gay, and lesbian couples; paraphilia (abnormal patterns of sexuality).
- The high rate of teenage pregnancy; poor fetal development, low birth weight, and high infant mortality for babies with teenage mothers; the likelihood of lifelong poverty for teenage mothers; the controversy over whether high schools should provide contraceptive information and devices (such as condoms) to their students; the position of right-to-life groups and freedom-of-choice groups regarding this issue; the position of these groups regarding abortion.
- The impact of AIDS and other STDs on individuals and society.
- The sexual abuse of women, including unwanted sexual innuendo, unwanted sexual aggression, sexual harassment, rape, and date rape.
- Family violence; the battering of women; reasons why women stay in violent relationships; child battering; child molestation; parent battering; the effects of alcohol and drug abuse on families.
- Communication and conflict between couples; the relationship among power, sex, and money in cohabitation and marriage; the complex interaction between relationship satisfaction and sexual satisfaction for men and women.
- Delayed marriage and the rising incidence of never-married singles; types of never-married singles; the correlation between increased education and delayed marriage for women; the decrease in marriage prospects for women over age thirty; black women's relatively lower prospects for marriage; delayed parenthood; the increased incidence of child-free marriages.
- The rising incidence of cohabitation; cohabiting families; commitment in cohabitation; what men and women expect from cohabitation; the advantages and disadvantages of cohabitation; the relatively higher divorce rate of couples who have cohabited before marriage (or remarriage).
- The changing American family; the fragmentation of the traditional family through higher divorce rates and rising out-of-wedlock births; the single-parent family; the two-earner family; the fivefold increase (since the 1960s) of employed mothers of preschool children; the problems of mothers who work a second shift at home after com-

pleting a first shift at their workplace; the rising poverty rate of single parents; role strain and work overload in single-parent and two-earner families; stresses on family members; "supermoms" and "superdads"; the lack of leisure time and the lack of time with children in single-parent and two-earner families; latchkey children; near-homeless and homeless families; remarriages and stepfamilies.

- Unemployment, lower-paying jobs, part-time jobs, job insecurity, and the deteriorating economic situation of middle- and low-income families.
- Discrimination against women; the "glass ceiling."
- Falling levels of educational attainment; the increasing cost of higher education; deteriorating standards of health care for children; increasing levels of depression and anxiety among children; the increase in childhood obesity; the increasing number of developmental and behavioral disorders of children; the rising rate of teenage suicide.
- Divorce and separation; consequences and effects of no-fault divorce on children, on women, and on men; noncaring divorced fathers; nonpayment of child support; the continuing effect of marital disruption following a divorce; the increase in annulments granted by the Catholic church; issues of child custody for working parents.
- Authoritative, authoritarian, and permissive parenting; parental stress; male and female roles in nurturing children; maximizing the potential of children; the importance of fathers in child development; the importance of peer friendships in child development.

Three new features have been added to the Eighth Edition. A boxed feature, "What Do You

Know?" now opens each chapter, providing readers with an intriguing glimpse of the chapter's contents and challenging their knowledge of the topic. Key Terms are now supplied at the end of each chapter, followed by a list of Suggestions for Further Reading.

In addition, the Glossary has been expanded, and the Subject Index is more detailed.

Acknowledgments

No textbook is written alone, and I should like to express my gratitude to the following instructors of marriage-and-family courses, who have made their own special insights available to me, generously giving their time and interest and providing me with advice and suggestions during the preparation of this edition: Doug A. Abbott, University of Nebraska; Brent Barlow, Brigham Young University; Laurie Lane Goldberg, Arizona State University; Michael Goslin, Tallahassee Community College; Mary June Impson, Texas Woman's University; Keith Kimble, Catawba Valley Community College; Gary Luft, University of Akron; Shirley McCorkell, Saddleback College; T. Robert Moseley, Rockland Community College; William Polich, Rochester Community College; Thomas W. Roberts, Western Kentucky University; Roger H. Rubin, University of Maryland, College Park; Charles F. Seidel, Mansfield University; Tom Sibley, Bossier Parish Community College; and Karen Cole Smith, Santa Fe Community College.

I must also acknowledge a debt of gratitude to the numerous researchers and writers in the field (more than nine hundred references are listed in this edition). Any shortcomings are mine, not theirs.

I should also like to thank my colleagues and students, who were a rich source of stimulating challenges and queries—a wellspring of inspiration for many of the concepts in the book.

I also wish to express my appreciation for the encouragement and help provided by the skilled professionals at Wadsworth — the editors, artists, designers, and researchers who saw this book through the process from its inception through the many stages of development and production. Special thanks are merited by the sociology editor, Serina Beauparlant, and the production editor, Sandra Craig.

And finally, I wish to acknowledge the collaboration of my wife, Nancy, who not only ac-

tively participated in much of the research and contributed many of the ideas but also forced me to think through many of my initial ideas before I could put them in sensible form. The vision of this book is as much hers as mine.

Lloyd Saxton
Larkspur, California, 1993

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